

## **TOOL-FREE ADJUSTABLE LAMP FIXTURE**

### **ABSTRACT OF THE DISCLOSURE**

[0026] An adjustable lamp fixture comprises a mounting plate, at least an intermediate connector body, at least a lamp holder and a motion detection device. There are various mounting methods such as onto a wall or onto a ceiling. At least a first set of standard screw and spring mechanism engages the mounting plate with an open terminal end of the intermediate connector body. At least a second set of standard screw and spring mechanism engages one lateral end of the intermediate connector body linking one lamp holder. The standard screw and spring mechanism comprises a shoulder screw, a tower spring and a compression ring in that order. According to the invention, the rotation adjustment of the lamp fixture is facilitated about the first set of standard screw and spring mechanism, and the tilting adjustment of the lamp fixture is facilitated about the second set of standard screw and spring mechanism, the facilitation being substantially tool free.